TOOLBOX SAFETY TRAINING

ESC SAFETY CONSULTANTS

Company _____ Location _____ Date _____

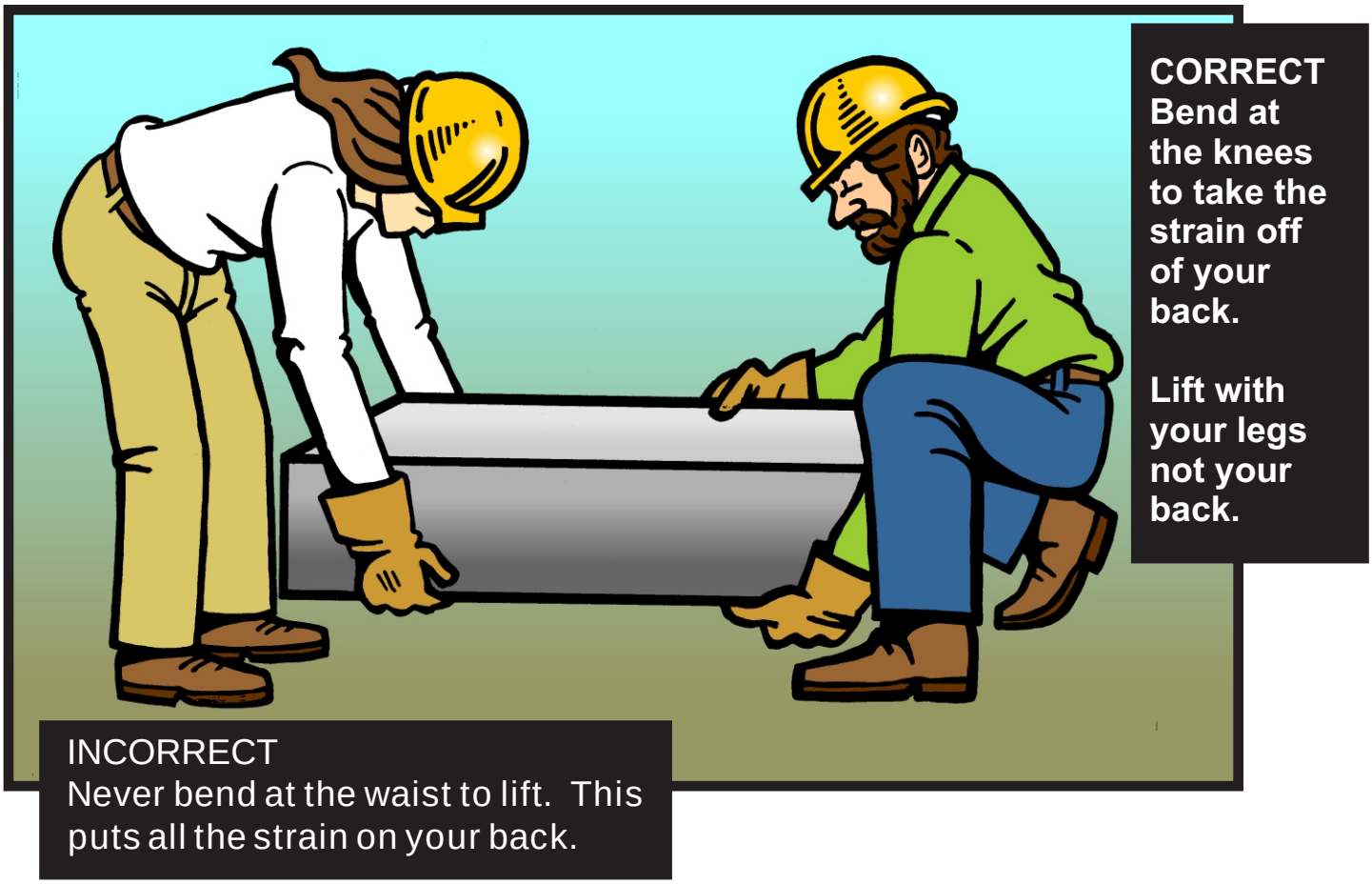
Vol 29 - No 37 TEAM LIFTING

Lifting is one of the best ways to injure your back. Even very light objects can hurt you if lifted incorrectly. The pain and the cost in man-hours that back injuries create for the construction industry can be avoided by following some simple rules.

Once you have sized up the load, determine whether you can lift the object by yourself. If you feel it is too heavy to move on your own, get help. Two people lifting is then the ideal choice. When this type of lift has been selected, always review with your partner where the item is to be moved. Make sure that the path is clear of any obstacles. Set up a clear idea of a count to lift on so that both lift at the same time.

Remember that a proper lift is accomplished by bending at the knees, good grip, chin up and pushing up with your legs. Don't bend at the waist to lift. This is an easy way to hurt your back. Time your feet to move at the same pace as your partner.

Safe lifting should be commonly practiced.



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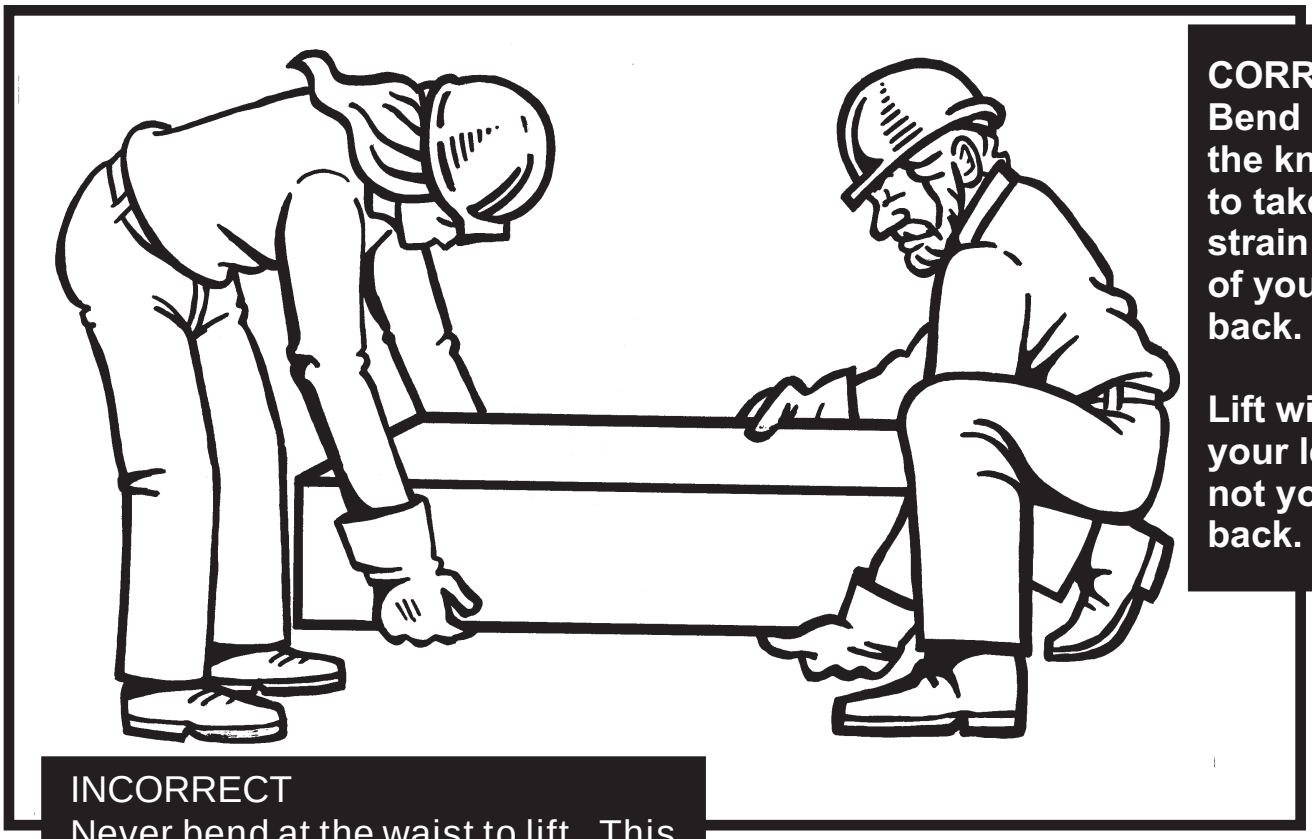

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